



EDINBURGH DIVING NEWSLETTER



January 2010

News & information for parents.

Welcome back and a Happy New Year to everyone. I hope you all had a good break and are looking forward to getting back into training again. At least we missed travelling through most of the snow over the Christmas break although a few of us had to slither & slide our way home in a blizzard late one Tuesday night! There will now be an Edinburgh Leisure section in the newsletter keeping you updated on re-

booking, term times and the many other developments happening at present.

Just a reminder that the programme stops for the February school break, from 15-21 February. Thank you to all the parents who came to Dundee at the weekend to support the levels competition - it was greatly appreciated.

If anyone wishes to place any articles in the newsletter, please do not hesitate to contact any member of the committee

See website: edinburghdivingclub.org.uk

Chaperones

Firstly Karen Foster (CPO) would like to thank everyone who chaperoned last year and hope that you are still willing & able to help again this year.

In an effort to make the chaperones' job a little easier, and for Health & Safety reasons, the club has purchased an electric cool box and a new modern foldable trolley to help with the shopping trips. (I am very much looking forward to seeing this hi tech beauty in action!)

Also, we are looking for novice parents who may be interested in chaperoning any trips. Please contact Karen, on 07514818075, who will be happy to meet and discuss the role and all it involves.



Communications

We now have a communications officer, Sue Forbes. Sue's job is to ensure that members know what is going on, and are kept up to date. To this end, there is now a notice board at Newbattle Pool and a notice board section on the website, which will be constantly updated, keeping you aware of all events. There is a section on fundraising, a letters section, for a copy of all the letters that never seem to make it home and the competition calendar.

Sue would like everyone to send her their e-mail address (please reference the divers name) to help improve more reliable and speedier communication. There is a direct link from the notice board page to her email address: susanforbes123@btinternet.com.

\$\$ Fundraising \$\$

The minutes of the fundraising committee meetings are now being posted on the website for your information. There are various events during the first part of the year. All information regarding these is on the website

Dates for your Diary

Saturday 6 February	Ann Summers Evening
Saturday 10 April	Bag Packing - Asda
Sunday 11 April	Bag packing - Sainsbury
Saturday 31 July	Bag Packing -Tesco

We have the potential to make £2000 in one weekend, so please help!!

If you are interested in joining the committee or have any suggestions, please contact a committee member.

Design a new Club Hoodie

The club is looking to get some new club kit. One of the first and most practical things we are going to get is a new hoodie. To encourage divers to give their input we want you to come up with the design.

Requirements

The committee is open to all ideas but would like everyone to remember

- 1) The club colours
- 2) The club logo
- 3) No more than 3 separate colours in your design

Entry forms found at the pool or draw on a piece of paper. Entries to be returned to the fundraising committee (or coach)

Closing date for entries is Friday the 12th of February.

The winning entry will be decided by the main committee at the end of February and then used for the hoodie.



Edinburgh Diving Club News (and gossip)

Away Competitions / Trips Thank you to those parents who are using internet banking to pay for trips. This is proving to be a great help. Also thanks to Gary Ross, who is proving a huge help with trip organisation.

Shipleigh Novices Plans for the Shipleigh trip are well underway & the first information letter will be out soon. Information regarding timetable is available from Bradford Esprit website. There is a link from our website

Chaperones . If anyone wishes to be a chaperone for Shipleigh, please contact Karen Foster, 07514818075, or one of the coaches

Membership renewal Forms have been emailed to all club members. Please complete and pay asap. If you have not received an e mail, please let us know. *YOUR CHILD IS NOT ALLOWED TO COMPETE UNLESS THEY ARE A MEMBER OF EDC AND ALL AFFILIATION FEES HAVE BEEN PAID*

Medical forms these have been sent with the membership renewal and cover the full year. Please complete & return asap. Karen Foster (CPO) will be responsible for the safekeeping of these forms. *PARENTS SHOULD BE AWARE OF THEIR RESPONSIBILITY OF ADVISING ANY CHANGES TO THESE FORMS*

Swiss Balls If divers from Performance & Age Group Squads would like to buy a Swiss ball, Sainsbury's are selling them very cheaply at £3.60 – they usually cost much more. They will not be needed every week but it would be beneficial to have one. No bouncing of balls in the gym please or Mary will finally lose it!

Club Hoodies Thank you to Donald MacInnes for organising the hoodie competition. Make sure you all enter and have your say! You never know, it may be the start of a glittering career in fashion design!

East District 1m & 3m Championships requirements are: Senior - 6 dives from 4 groups, no tariff limit. Junior - 4 dives from 2 groups, (Junior is dob.1994 or later)

Armada Cup 2nd letters will be given out next week. Please could Performance squad's divers work out their lists by Monday 8th February. Conditions are on Plymouth website – there is a link from EDC website. Please note the timetable change which is also on the website

Grace Reid is competing in the GB National Cup from 5 - 7 February. We wish her and her Leeds coach, Jenny Leeming, good luck.

Rebecca Graham good to see Rebecca back after her injury

Sammy Forbes we are pleased that Sammy is back in the water after breaking her wrist while sledging.

Jenny Sless one of our coaches, is away again. She's like a yoyo! Now in Salzburg until June.

Keir Stewart has retired from diving due to the pressure of work commitments. However, we will still see him as he is coaching trampolining with the club & National Squad on a Sunday at Meadowbank

Cheril Von Barsewisch one of our coaches at RCP, moved to Germany in the summer. We are delighted to announce that she has given birth to a second baby, Catalina Regina Valerie Von Barsewisch, a little sister for Isla. Best wishes to the family.

Victoria Smart & Sam Lowe have both passed their driving test. Well done!

New member We would like to welcome Peter Caughey to the club. Peter is only 6 and is training with Novice Squad on a Monday.

Catherine Webber has been accepted unconditionally to her two top choices of university to study physiotherapy. Congratulations, Catherine

Squad movements Congratulations to Robin Robeson, who has moved to Development squad. Also Sean Flynn, who is now training one day with Performance Squad & Cameron Forrest who has a session with AG squad. Well done to these divers.

Forthcoming Competitions

DATE	COMPETITION	LOCATION	LEVEL	INFORMATION
30 January	SASA Levels Competition	Dundee	Novice, Int	See information section / letters on website. Waverly 1pm. training 3pm, start 4pm
30 January	National Squad Trampoline Camp	Dundee	National Squads	Waterson Crook Sports Centre, 69 Kirk Rd, Newport on Tay, DD6 8HY. Arrive 11.45am.
5 - 7 February	GB National Cup	Sheffield	Senior / Elite	-
8 February	East District 1m championships	Newbattle	AG, Int	Training from 6pm. Start approx 7pm. Finish time dependant on entries See club news for requirements
18 - 21 February	Armada Cup	Plymouth	Senior & AG	To follow
8 March	East District 3m championships	Newbattle	AG, Int	Training from 6pm. Start approx 7pm. Finish time dependant on entries.
13 - 15 March	Shipley Novices	Bradford	Novice	To follow
27 March	SASA Levels Competition	tbc	Novice, Int	To follow

This table will show events 2 months in advance. The full Scottish Calendar is on website & at back of newsletter

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Competition Teams

Armada Cup, Plymouth

The team of 12 divers is as follows:

Group A Catherine Webber

Coaches Vicki Tomlinson
Mary Sless

Group B Charlotte Briggs
Daisy Forbes
Rebecca Graham
Emily Martin
Anna Sless
Holly Tinkler

Chaperones Karen Foster
Sue Forbes

Chauffeur! Gary Ross

Group C Sammy Forbes
James Heatly
Courtney Ross
Katie Talbot

Group D Amber Foster

Good luck to all the divers



Reports and Results

Full results of all competitions are on our website: www.edinburghdivingclub.org.uk.



International Camo Invitational, Montreal, Canada . 3 – 6 December 2009

This event is one of the best international diving events in Canada and provides competitions for both Junior and Senior competitors. Grace was given the opportunity to compete as part of the Leeds Elite team. Camo is home to some of Canada's top divers including 2008 Olympic team member Alex Despatie. The attending teams this year brought divers from USA, Mexico, New Zealand, Australia, Italy, Germany and Great Britain. This made for a great set of competitions over the four days.

Grace & her Leeds teammate, Alicia Blagg both absolutely dominated the girls 12 / 13yrs springboard events taking the Gold and Silver in both events. Grace won Gold on the 3 metre with Alicia winning the 1 metre with scores that look very promising for the international season ahead in 2010.

This was probably Grace's best set of results in such a high level field and we are delighted for her. Congratulations



Scottish National Platform Championships, Dundee. 5 December 2009

Despite the lack of training, the divers performed remarkably well. It will be difficult to compete on platform until the RCP re-opens, but these divers put together a good list of dives and coped well with a new pool & a lack of any form of preparation. Well done divers.

Senior Women	Gold	Anna Sless	Junior Girls	Gold	Anna Sless
	Silver	Catherine Webber		Silver	Courtney Ross
	Bronze	Courtney Ross		Bronze	Charlotte Briggs
Senior Men	Gold	James Heatly	Junior Boys	Gold	James Heatly
	Silver	Sam Lowe		Silver	Fraser Allardice
	Bronze	Fraser Allardice			



The Thistle Trophy, Dundee. 5 – 6 December 2009

The Thistle Trophy was a closed event this year due to the closure of the RCP, with only Scottish clubs competing. However, due to the success & smooth running of the event and the help from Dundee Council, we hope that it will be opened up to the English clubs again in 2010, which will make for a much better and more exciting competition.

It was very disappointing to see so few Scottish divers from other clubs competing. Unfortunately, Ayr Diving Club has all but folded, due to their head coach, Peter Smith stopping coaching to return to full time studies. Aberdeen Diving Club has also been forced to stop due to the closure of both Bon Accord Baths and Peterhead Pool. It is good to see the return of diving in Dundee though, and no doubt there will be many more Dundee competitors next year

The standard of competition from Edinburgh divers was excellent and proves that the club can still carry on without the RCP. Special mention to Sarah Lowry on a huge improvement in her competition scores and an excellent silver medal. To Freya Hamilton on winning a bronze medal and diving so well in her first competition. Lastly, well done to Sophie Stewart & Amy Steele for leading a great competition, with such a close result.

All medal winners are shown below. Congratulations to them and to all divers who helped Edinburgh Diving Club win the Thistle Trophy again in 2009

Boys 14-18

Gold 171.20 Finlay McCall

Girls 14-18 years

Gold 190.00 Rebecca Stevenson
Silver 165.65 Ailsa Trundle

Boys 12-13 years

Gold 163.20 Struan McCall
Silver 146.50 Harris Hamilton
Bronze 127.30 Cameron Brown

Girls 12-13 years

Gold 180.50 Sophie Stewart
Silver 180.05 Amy Steele
Bronze 169.00 Rosy Crandles

Boys 10-11 years

Silver 125.70 Dale Rodger
Bronze 119.30 Joe Crandles

Girls 10-11 years

Gold 170.20 Robin Robeson
Silver 169.10 Sarah Lowry
Bronze 165.75 Erin MacInnes

Boys 8-9 years

Gold 161.30 Sean Flynn
Silver 156.60 Ramsay McCall
Bronze 150.20 Cameron Forrest

Girls 8-9 years

Gold 137.35 Madeline Finlayson
Silver 124.10 Keanna MacInnes
Bronze 99.55 Freya Hamilton

Girls 7 and Under

Gold 77.50 Anna Flynn



SASA Levels Competition, Dundee. 30 January 2010



10 novice & 15 age group divers made the trip by train to Dundee for the first leg of the SASA levels competition. Thank you to the parents who helped chaperone the trip. We are hoping to travel to different Scottish pools for this competition, as we feel it is not only good experience for the divers to travel as part of a team, but also great fun for them. So, we would appreciate any volunteers to chaperone for the day.

Again there were some very good performances from Edinburgh in the novice section. Special mention to Aaron Daly, Madeleine Finlayson, Keanna MacInnes & Sarah Lowry for winning their events with very good total scores. Well done to Archie Beetham on his first Levels medal. Keep up the good work!

The age group section is slightly altered from last year. The National squad divers are no longer eligible to compete in the competition and there is only one age category. Therefore medals are all up for grabs. It was excellent to see so many of our divers making the move from novice to Age Group level.

Well done to the divers who competed their new higher tariff dives – Daisy, Ollie, Amber, Sammy & Sophie. Although these dives don't always work in the first few competitions, keep trying, as tariff is the only way to win age group competitions. (See section below.)

Congratulations to Daisy Forbes & Struan McCall on winning the girls 1m & boys 3m events.
Special mention to Sean Flynn who at the age of 9, now has a good list of dives from 3m and won the silver medal

Boys Novice 1 (8-11 years)

Gold	123.50	Aaron Daly
Silver	112.00	Murray Cheyne
Bronze	108.50	Archie Beetham

Girls Novice 1 (8-11 years)

Gold	125.00	Madeleine Finlayson
Silver	99.50	Anna Flynn
Bronze	94.50	Freya Hamilton

Boys Novice 2 (12-18 years)

Silver	103.50	Joe Crandles
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Girls Novice 2 (8-11 years)

Gold	100.50	Keanna MacInnes
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Girls Novice 2 (12-18 years)

Gold	130.00	Sarah Lowry
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Boys Age Group 3m

Gold	136.55	Struan McCall
Silver	123.45	Sean Flynn
Bronze	122.85	Ben Campbell

Girls Age Group 1m

Gold	138.30	Daisy Forbes
Silver	131.90	Ollie Martin
Bronze	130.70	Amber Foster

Full results on the website: edinburghdivingclub.org.uk



National Squads

This section will be used for Scottish Diving information. National Squad divers please check this page

Kit - We are currently in touch with SASA regarding new kit for all squad divers. Please wear existing kit to all sessions at present

Medical forms - Please remember to return to Mary as soon as possible.

Goals - I would like a list of 3 short term goals for this season and a list of dives you want to learn this term. Please can I have this information by Friday 12 February.

Report 8 members of the National squad attended a trampolining session with rig at Newport on Tay on Saturday 30 January. All the divers coped well with the rig work. Special mention to Holly Tinkler on her excellent improvement and learning a back double somersault.

Edinburgh Leisure Update



We've now completed our first full term of the new programme at Newbattle Swimming Pool . Time has flown by and it won't be long until we have to start planning our move back home to the Commonwealth Pool. A new website has been designed to keep you up to date with the Commonwealth Pool refurbishment. www.rcprefurb.co.uk should be online in the next couple of weeks, so keep checking back to keep up with the progress!

We have had lots of questions over the past term regarding extra pool time for divers, which we are looking into – particularly for the Novice squad. As things stand at the moment there may be scope to obtain additional pool time at Newbattle, but until we improve the uptake of the programme through Beginner divers and have new coaches coming through the system, we are trying to maximise the time we have. Please be sure we will inform you well in advance of any changes we make to the programme. However myself and Mary are happy with the progress all our divers are making since we left the RCP.

Our biggest concern at the moment is divers booking in. Please make sure that your child is booked into the correct class either before the term starts or at some point in the first week. Registers are checked by the Edinburgh Leisure Aquatics manager on a weekly basis with classes at risk of being cancelled if they are under subscribed. At the moment the Friday night recreation class is being looked at carefully as there are officially only 5 divers booked in, and as we are paying for pool hire now we simply can't afford to run it if divers don't book in. If there are any problems booking your child in, please speak to me or Jackie Mills at Portobello Swim centre and we'll be happy to sort things out. We are currently exploring Direct Debits and payment at Newbattle through their till as options, to help make payment as easy and hassle free as possible for you.

I'd like to say thank you to Daisy Forbes for helping me out with some coaching over the past few months. Daisy has been spending some time with our young beginner and novice squad divers as part of her Duke of Edinburgh award. If anyone else is interested in helping me out then please get in touch. Volunteering is a great starting point to becoming a coach and can be very rewarding. With our beginner classes slightly bigger than at the Commonwealth Pool, it's nice to be able to give our divers extra attention when learning new dives, or working on skills they find difficult. To be a volunteer you must be at least 14 years or older.

New developments and plans for the spring term include introducing a partnership with Midlothian active schools, and setting up schools diving lessons to feed into our club and also a masters / adult diving squad for novice and intermediate divers over the age of 16. More information will be available shortly for any divers interested in taking part

Vicki Tomlinson

Dive Coach
Edinburgh Leisure

A BRIEF EXPLANATION OF THE IMPORTANCE OF TARIFF

Every dive has a tariff or degree of difficulty. When a diver competes a dive, the judges scores are added together & in the case of 5 judges, the highest & lowest scores are knocked off & the remaining three are added together. This total is then multiplied by the tariff to calculate the total score.

In **novice** competitions, a forward line-up, a forward jump & a dive from poolside all have a tariff of 1.0. A back fall now has a tariff of 1.4 & a back tuck roll 1.3. Dives from 1m follow the tariff sheet

Once in **age group**, there are no 1.0 tariffs. The lowest is a forward dive from 1m at 1.2. A tuck position has a lower tariff than a pike position.

Here is a comparison between an easy set of dives and an elite set, both with the same judges marks.

A very easy list that divers need for age group from 3m (for example) is as follows:

Dive	tariff	Judges scores	Total score
Forward dive with tuck	1.4	6 6 6 = 18	25.20
Inward dive with tuck	1.3	"	23.40
Back dive with tuck	1.7	"	30.60
Reverse dive with tuck	1.8	"	32.40
Forward 1½ s/s tuck	1.5	"	<u>27.00</u>
			138.60

The list that the top divers in our club use is:

Forward 2½ S/S piked	2.4	6 6 6 = 18	43.20
Inward 2½ S/S tuck	2.7	"	48.60
Back 2½ S/S tuck	2.8	"	50.40
Reverse 2½ S/S tuck	2.8	"	50.40
Back 1½ S/S, 2½ twists	2.8	"	<u>50.40</u>
			243.00

The majority of our age group divers should be aiming for 1½ S/S tucked or piked in all directions (tariff around 2.0-2.2) and a forward 2½ s/s tucked. I hope this helps understand competitions a little better.

A tariff sheet can be found on the GB Diving website



Unfortunately the Armchair Coach is away on diving business and is unable to answer your questions until next month's edition of the newsletter

OBITUARY
Bill Law

Bill Law, our honorary President and one of Scotland's most talented and dedicated sportsmen, died on 19 December 2009 aged 75. He was instrumental in setting up Edinburgh Diving Club in 1971, serving as its president for the first ten years

Bill was Scottish champion or runner-up during an unbroken run from 1951-64 and competed for Scotland in the 1958 Commonwealth Games in Cardiff.

Bill retired from competitive diving in 1962 and took a role in coaching and administration. He became president of Warrender Baths Club from 1966-68 and was Director of diving events at the 1970 and 1986 Commonwealth Games in Edinburgh. At the 1978 Commonwealth Games in Canada he was a diving judge and attended every Games until 2006, as a team manager, referee or judge. He was a member of the Commonwealth Games Council for Scotland from 1966-90 and in 1992 was appointed Team Manager for the Great Britain Diving Team at the Olympic Games in Barcelona, a role he was very proud to accept.

Bill received many awards including life membership and honorary presidency of Warrender Baths Club and Edinburgh Diving Club, Life membership of the Scottish Amateur Swimming Association and the UK Sports Council VIP gold medal

A long-time committee member at Duddingston Golf Club, playing for many years off a handicap of 4, he was captain from 1981-83 and was awarded life membership last year. He was also captain of Corstorphine 8.30 Golf Club in 1985 and was awarded life membership in 2008

In April last year he became the first Scot to be awarded the Silver Pin by the Ligue Europeenne de Natacion (LEN) in recognition of his services to diving. It was presented in Turin and Bill was delighted that he and Marion were able to attend the ceremony and receive the personal recognition,.

Bill attended our committee meetings faithfully every month up to his death, keeping a very active role in the club. He was interested in developments, and always made a point of introducing himself to the new divers and congratulating them on their achievements. He also served on the National Diving Committee, making sure we kept Scottish Swimming on their toes! He was keen to see that the re- furbished RCP was completed to the highest standard for diving and we hope that all his suggestions have been heeded.

He was my coach for over 15 years, as I trained with Jane Ogden, and Fiona Thomson. We have very many fond memories of trips with Bill. He was a very popular member of the diving community and as his divers, we were always welcomed at events. He was a tough but fair coach – I was probably more scared of him than I was of learning a new dive! I spent many hours trying to hide from him on 10m, thinking he didn't realise, but he got his own back on me at the aqua shows in North Berwick outdoor Pool. In appalling weather, we would have to stand, wet & freezing on the wind blown 5m platform waiting while he introduced us, always very slowly, with a wicked grin on his face!

All our love goes to his family, Marion, Suzanne, who serves on the committee, Fiona, David & Rowan

He will be sorely missed at Edinburgh Diving Club..... his club.

Mary Sless



Congratulations to

- Grace Reid for her results at the Camo International
 - James Heatly for learning reverse $2\frac{1}{2}$ s/s
- Daisy Forbes for winning the 1m age group levels event
- Struan McCall for winning the 3m age group levels event
- Sean Flynn for his performance at the levels competition
 - Courtney Ross for her $2\frac{1}{2}$ s/s piked
- Harris Hamilton for competing in his first age group competition

EDINBURGH DIVING CLUB CALENDAR 2010 (Draft 1)

DATE	EVENT	LOCATION	LEVEL
30 January	SASA Levels League	Dundee	Novice, Intermediate
5-7 February	GB National Cup	Sheffield	Invitation only
8 February	East District 1m Championships	Newbattle	Age Group, Intermediate
18-21 February	Armada Cup	Plymouth	Age Group, Senior
8 March	East District 3m Championships	Newbattle	Age Group, Intermediate
13-14 March	Shipley Novices	Bradford	Novice
27 March	SASA Levels League	<i>tbc</i>	Novice, Intermediate
9-10 April	ASA National Skills	<i>tbc</i>	Novice
17-18 April	G Star	Leeds	Age Group, Senior
23-24 April	FINA World Diving Series	Sheffield	-
29 - 2 May	Aachen International	Aachen GER	GB Junior International
8 - 9 May	Hydro Novices	Harrogate	Novice
14-16 May	Amsterdam Diving Cup	Amsterdam	National Elite Squad
31 May- 4 June	GB Elite Junior Championships	Leeds	National Elite Squad
19 June	SASA Levels League	<i>tbc</i>	Novice, Intermediate
24-17 June	GB National Championships	Sheffield	Invitation only
2-4 July	GB National Age Group Championships	Southampton	Age Group, Intermediate
9-13 July	European Junior Championships	Helsinki FIN	GB Junior International
20-25 July	FINA World Diving Cup	China	GB Senior International
10-15 August	European Championships	Budapest	GB Senior International
28 August	SASA Levels League	Newbattle	Novice, Intermediate
1-6 September	FINA World Junior Championships	Tuscon USA	GB Junior International
September <i>tbc</i>	Midlands District Championships	Dundee	All divers
20 September	Club Championships	Newbattle	Novice
21-2 September	Club Championships	Newbattle	Age Group , Intermediate
2 October	Scottish Springboard Championships	Newbattle	Age Group, Senior
3-13 October	Commonwealth Games	Delhi	
16-17 October	White Rose Invitational	Leeds	Novice
October <i>tbc</i>	Tynemouth Trophy	Tynemouth	Novice
22-24 October	Southampton Invitational	Southampton	Age Group, Senior
5-7 November	Diving Lund	Sweden	National AG & Elite Squads
15 November	Ogden Trophy & Lockerbie Shield	Newbattle	Age Group , Intermediate
November <i>tbc</i>	Luton Challenge	Luton	Age Group, Senior
20 November <i>tbc</i>	EDC Dance & Presentation of Prizes	Edinburgh	All club members
4 – 5 December	Thistle Trophy	Dundee	Novice
4 December	Scottish Platform Championships	Dundee	Age Group, Senior